

Great Gaddesden Parish Newsletter

*Supported by
Voluntary
Contributions*



THE 13-14C. CHURCH OF ST. JOHN THE BAPTIST, GT. GADDESSEN

Delivered to the villages of Great Gaddesden and Gaddesden Row and the hamlets of Bridens Camp, Water End, Noake Mill and St Margarets

www.greatgaddesdenparishnews.co.uk

Number 325

September 2024

From the Glamorous Assistant

We've been away for a whole two months... did you miss us?

Richard has been to America and visited a Trumper shop. Just the place to get your flags or bumper stickers. He didn't buy any, but acquired an amazing pair of American Tourist shorts. If you don't like



his conversation, you could always listen to these shorts. Very loud. I've been on an old-fashioned family seaside holiday in North Yorks and then Edinburgh Fringe. All great fun. Val, the modern-day Alan Whicker or Micheal Portillo with better dress sense, tells us about her travels on P49. Lots of things have happened across the world and closer to home. We've had the Duke Of Edinburgh kids wandering around the parish looking confused and desperate for a mobile phone. One group even decided to take a rest in one of the gardens in Water End. We've had fantastic results in the football Euros and Olympics. Terry Douris tells us about the Dacorun athletes on P35. If the Olympics have inspired you to do a bit of running, Our very own Retired Runner tells us about his trip to Nijmegen. On P42 It looks a bit exhausting to me. Did I tell you that Richard and I invented a new baton for the GB Olympic relay team. Actually, Richard invented it. I just ran with it. (Fringe Joke)

Terry Douris also gives us his Desert Island Discs on P24. Read it. It's very interesting. I think the article is a great idea and I'd love more folk to get involved. Lets me know if you fancy being cast away. Which tunes would you pick?

We've a lovely story from Michelle and her daughter Millie on regarding Rosie. The amount they raised on crowd funding is amazing. Read about it on P51. Chatting about crowd funding. We started our own fund back in January. We've not gone on about it as we don't want to seem like a money grabbing magazine. It's important to us that we keep it a community

magazine and we've received enough to keep us going for a while. THANK YOU to everyone who has contributed, especially Craig who helped us set it up. P53 for more details if you want to help us continue a bit longer 😊

Interesting article from Robin this month about his Bees on P46. I thought Bees were disappearing. Just ask the folk in 'erkhamsted, 'oxmoor or 'irmingham. Like wildlife? It's a great idea to sign up for Georges birdwatching WhatsApp group. We swap wildlife sightings and questions. If you see a bird, moth, butterfly or wee beastie in the garden and you want to know what it is, then stick it on the group and you'll find out. You could have seen a rare sighting of a Cuckoo if you had been involved. Read about it on P40

We have the new MP giving us an article this month. Victoria Collins is brand new and she had to set up an office team blah blah blah. So I'm chuffed they found time for the Great Gaddesden Parish newsletter. However, the Parish Council Clerk is off on his holibubs and they don't meet over the summer break so there are no updates from them. We do have the new head teacher from Great Gadd school saying hello on P11 and a river Gade section with pieces from Fionnuala telling us about the Gade Preservation Society and Affinity telling us about the work or why it's not working starting P36. How many other Parish magazines have photos of Water Vole poop?

I've been told that they are filming the 'Thursday Murder Club' in Aldbury. Not far from here. Apparently, they offered a part to Richard Gere's dad, Gottler who is a well known ventriloquist. Our very own Thursday Murder Club where Richard and I murder a pint and solve the world's problems is on Sept 5th at 8pm in the Crown. It's just a drink. Join us. There are usually 6 to 10 folk who attend.

Stay Great, Gaddesden.

John Lowrie

From Anthony Archer - Reader

Dear Sisters and Brothers in Christ,

I don't know about you, but one of the pleasures of the summer period, even if you are not fortunate enough to go away on holiday for a while, is that life slows down a bit. The roads are less busy, well maybe not the M5! The trains are less crowded. Neighbourhoods are quiet. It can therefore be a useful time for some reflection, perhaps in your garden aided by a glass of wine!

The lectionary has been directing us to Paul's epistle to the Ephesians these last weeks, a somewhat dense piece of writing rather in the style of a circular letter. He wasn't giving the early Christians there a hard time over particular matters, but had much to say on some important themes for living. One of these is that Christ has united people from all nations to himself and to one another in his church. In a word: unity.

It's been a challenging time on that front for the nation. The outpouring of grief at the wicked murder of three girls at a children's dance party in Southport was later met by acts of violence, in the false name of protest, not seen for a decade or more. The antithesis of unity. And was the Church responding well to the ugly events? Mark Oakley, Dean of Southwark, interviewed on The God Cast, said: 'if the Church can't see its vocation at a time like this, we might as well give up. There is no point the Church having unemployed love, and now is the time to really voice it and show it.'

But my summer reflections have actually been more to do with the unity of the Church, by which I mean the Church of England. Paul's repeated refrain in Ephesians chapter 4 which I preached from on 4 August is of 'oneness.' One body; One Spirit; One hope; One Lord; One faith; One baptism; One God and Father of all.

The principal mark of the Church is unity, and the calling of Christians is to build up the body of Christ in all that we do. The body of Christ is always living into its

calling, but the vision of unity is clear.

So, what is this 'unity' and what images come to mind? The Olympics have given us plenty of examples of teams working together in pursuit of a championship, whether in the rowing, the swimming relays or much else. Or perhaps the image is less structured. People coming together with a shared identity or for a common purpose. Words like solidarity, inclusion, collaboration, seem apposite.

Is it possible to achieve unity? Is it worth fighting for? What's more, sadly, unity is sometimes invoked to stifle difference or dissent.

But despite these challenges, the Bible invites us to care deeply about unity. Paul implores us to make every effort to maintain the unity of the Holy Spirit in the bond of peace. He sees unity as being central to our Christian calling. It's the way we embody the Gospel. It reflects the very heart of Jesus. Unity is not an optional extra; it's a Christian priority.

But I was also struck by the fact that it's clear Paul sees unity as a human impossibility. He speaks of the unity of the Holy Spirit. It's not our unity. It's something the Holy Spirit gives, what it instils. It's supernatural. What binds us together is not common education, standards, race, politics, accents, or things of that sort. It's because of our calling.

But being saved by grace, rather than any human qualification or commonality, maybe our expectations of relationships in the Church should be a bit different. By God's grace a rag bag of people has now become family! That transformation was humanly impossible to achieve.

So, it may not be a surprise that despite sharing one faith, we continue to need to deal with differences, not avoiding them, but engaging with them. Because my rather obvious summer reflection on the church is that we are fractured, divided, and it's quite painful in places. It's not a great witness. It's harming our mission.

Great Gaddesden Parish Church Contacts

Our parishes have a Prayer Group and if you would like to be prayed for or know of someone who would appreciate a pastoral visit, please contact any of the Ministry Team:

Rev. John Russell (Vicar) 01442 214898

St. Johns 's Vicarage, Pipers Hill, Great Gaddesden HP1 3BY john_russell@live.co.uk

Associate Priest: Rev'd Miranda Seldon 07761 165871
revmseldon@outlook.com

Heather Tisbury (Reader) 01582 842807

20 West Dene, Gaddesden Row HP2 6HU
tisbury@btinternet.com

Anthony Archer (Reader) 01442 842397

aw.archer@btinternet.com

Parish Administrator: Helene Hockings 01442 842493
a_dmin-church@outlook.com

Jo Connell (Churchwarden)
01442 842981

jo@mpconnell.co.uk

Peter King (Churchwarden)
01442 256556
peter_king@btinternet.com

Cream Teas in the Church!

Sunday 1st September



PETER D. HANNABY

Painter and Decorator

*Interior and Exterior work
undertaken*

*For competitive quotations
Please call*

Mobile: 07765 250092

100+ Club

Congratulations to John Moore July's
winner with No. 41 and Val Mills,
August's winner with No. 103

HALSEY (BUILDERS) LTD.

01442 768 700

07769 658 548

Registered Address: Wren House, 68 London Road, St Albans AL1 1NG

FOR THE COMPLETE BUILDING SERVICE

Brickwork & Paving
Carpentry & Joinery
Plumbing & Groundworks

Electrical Works
Decorating & Glazing

People are leaving churches. The numbers are in inexorable decline. They are many reasons, some sociological. The tide of secularism shows no sign of abating, but there is stuff going on inside the Church which we should really take note of.

The most pressing challenge to the Church of England currently, that of same-sex marriage, doesn't greatly impact us here. We'll need to talk about it, but I'd be very surprised if folk left this church because we started offering blessings for couples in covenant faithful same-sex relationships. But let's be clear, in some churches its civil war. And they are taking steps to leave the Church of England, accusing the bishops of fomenting schism. A number of large, often well-funded churches are saying that the introduction of blessings for same-sex couples is a radical change of doctrine, being introduced illegally (it isn't) and must be stopped by any means, or else the Church will divide.

So, what does the church need to do as it pursues Christian unity as a family? In a recent letter to the Church Times, the Dean

of Lichfield, the Rt Revd Jan McFarlane said this: "Considering our many factions and divisions in the Church of England at the current time, I find myself pondering how it might be if all 'special interest' groups were dissolved, and, instead of following Paul or Apollos, we simply followed Jesus. How might it be if instead of looking over our shoulders and asking, "What about him?" we heard Jesus reply, "What's that to you? You follow me."

Striving for unity is hard; it requires us to talk more about the things that threaten to divide us, but it also needs us to speak the truth in love. Unity is built and forged by speaking the truth in love. As Paul stresses in his teaching, I beg you to lead a life worthy of the calling to which you have been called.

Every blessing,

Anthony

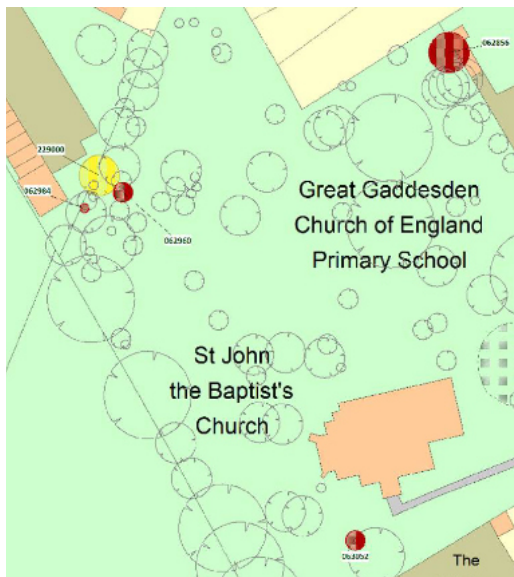
Upcoming Tree Works to the Old Churchyard



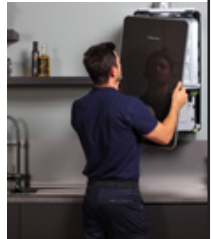
Dacorum Trees and Woodland's Manager Luke Johnson has in response to a query from Peter King has informed him of a list of upcoming works to trees in the Old Churchyard to be carried out this autumn.

The following list and plan may be of interest.

Tree ID	Works	Notes
62960	fell Cherry	poor condition
62984	fell Cherry	dead
62856	fell & poison Elder	structural issues
63052	fell Cedar	structural issues
229000	fell Cherry	structural issues



- Boiler Installations
- Boiler Repairs
- Boiler Servicing
- Gas Boilers
- LPG Boilers
- Landlord Safety Certificates
- Oil Boilers
- Power Flushing
- Smart Controls
- Unvented Hot Water
- Water Cylinders
- 12 Year Guarantees Available



info@4homeheating.co.uk | www.4homeheating.co.uk

56 Holly Farm Close, Luton, Bedfordshire, LU1 4ET

WORCESTER
Accredited Installer

BOSCH

Amaravati

Buddhist Monastery

Meditation workshops

Meditation workshops for beginners and experienced meditators alike

Each Saturday at 2pm
In the Temple



Daily meal blessing (anumodana)

11:30am

Mon-Fri: in the sala
Sat-Sun: in the Temple
(11:15am on Sundays)



Group chanting & meditation (puja)

7:30pm

Usually 5 days a week
check amaravati.org/calendar



What is truth?

That was the topic of my first ever sermon as a fledgling lay preacher almost 30 years ago, (Jesus speaking with the Roman governor Pilate after his arrest says he has come as a witness to the truth, to which Pilate responded ‘what is truth?’ John 18). It continues to be a crucial and complicated question.

As I reflect on the events of the summer I am also reminded of another important question used as a tagline for a youtube scholar’s channel I often dip into (Digital Hammurabi) –

‘How do you know that?’

We have seen this summer various reactions by people to what they thought was true – and the impact has been at different levels from internet rants to actual violence. The Olympic opening ceremony with its depiction of a Greek festival, in echo of a famous painting of Dionysis was suddenly being slammed as being anti Christian, mocking the Last Supper. The connection was not with the Biblical account of the Last Supper but with the famous painting by DaVinci, and even then all the 2 images had in common were people sat at a table of food – both artists showing them in a ‘top table’ facing the viewer. Yet once some declared their offense it swept in waves across the internet and beyond – most people, I dare to suggest, not questioning what they reposted.

Later we had the issue around the boxer Imane Khelif – and suddenly people were using the matter to forward their views around transsexuality, and feeding fear of trans women. Yet Imane is not trans. She was recognised female at birth and brought up as such. At most the controversy is a reminder that people don’t fit into neat boxes – whether that is defined by what is visible or what is not visible. And that Olympic athletes are rarely ‘typical’ in any way – fastest; strongest; highest. I would like to see the ‘average’ male face up to any female Olympian in her sport. We need to take people as they/we are in all our varieties. Yet outrage and hate was expressed to this athlete; and to trans people in general.

The third issue blends the two reactions above – the speed of misinformation shared without checks; and certain groups wanting to make it about their political issue and drawing attention away from the horror and tragedy at that dance class in Southport. What should have been a focus on families and a community in mourning for **Bebe King, Elsie Dot Stancombe and Alice Dasilva Aguiar**, of support for all who were there and wounded was hijacked. And yes there is anger in the shock and the grief – but the reposting of one site coming up with totally wrong information about the attacker (that he was a muslim migrant from an illegal channel crossing) then fuelled by certain anti-immigration groups led to riots, attacks on mosques, on asylum seeker accommodation.

And so to my two questions ‘What is truth?’ and ‘How do you know that?’ We need to consider both of these and be responsible about what we hear and what we pass on to others, (especially when something matches our existing views – when we are all less skeptical). Or course not all who repost on social media; or mention something at the pub, or the bus stop intend harm in any way. But mis information is dangerous, and lets not be those who fuel the fires. Rather be like those who went to help clear up after riots and damage, those who dare to act in peace, declaring that we reject hate and violence. And mourn with those who mourn.

*Rev Helen Roberts
Gaddesden Row Methodist*

Alpha Upholstery Ltd

- **Three Piece Suites**
- **Chairs**
- **Antiques**
- **Salons**
- **Pubs**
- **Vehicle/aircraft interiors**
- **Fabric/leather samples available**
- **FREE ESTIMATES – CALL ANDY**



Tel: 01582 511725 Mobile: 07957 548 001

1 St. Christophers Close, Dunstable, Beds, LU5 4PD

e-mail: info@alphaupholstery.co.uk

www.alphaupholstery.co.uk

CHANGING VIEWS

...Dressing Windows Beautifully!

**Curtains
Blinds**



**Pelmets
Cushions**

We make all types of soft furnishings to your exact requirements

Call us, Beth and Debbie, to arrange a free, no obligation quote

01582 794138

Visits by appointment at

32F High Steet, Markyate AL3 8PB

www.changingviewsredbourn.co.uk

changingviews1@gmail.com



Birthdays in September

We try to keep an up to date list of birthdays.

If anyone wants to add names to our list or know of people who have moved away and could perhaps have their names removed please contact The Editor.

richard@richardcollis.com

Names are normally removed when the person becomes 18, but we can include 'special' birthdays for any age.

Grace Sealey	6 th	14
Fenella Makepeace	7 th	15
Hannah Burfot	11 th	14
Rosie Halsey	14 th	9
Max Manning	22 nd	11



Sat 7th Sept
entries 9.30-11

CAKE DONATIONS WELCOME IN THE MORNING

Refreshments, auction and raffle.

IN VILLAGE HALL- STARTS 2PM



Theatre and Entertainment Correspondent Required

We've had valued response from a couple of readers with notices of upcoming events but it would be great if anyone in Great Gaddesden who's involved in the AM-DRAM world could expand the list and report on upcoming local events, auditions, live shows, bands, choirs plays, musicals, exhibitions craft markets, raves, happenings etc. in the surrounding areas to help people in the parish to get involved.

Contact Richard or John at:
richard@richardcollis.com or,
Johnlowrie62@gmail.com



**Gaddesden Row
JMI School**

Gaddesden Row JMI School

What a successful year we have had here at Gaddesden Row! We have achieved so much and we are extremely proud of every child's achievements.

Year 2-Year 6 worked so hard in rehearsals to put on a fabulous performance to their families and the children in Reception and Year 1. The children all smashed it!

As a reward for Year 6 completing their SATs, and receiving their results, a day trip was organised in London for them. The children visited St Paul's Cathedral, The London Eye, Big Ben and Buckingham Palace to name just a few. A fantastic day was had by all.



On Tuesday the 23rd of July, we held our leavers' assembly for the children in Year 6. A special presentation has been put together with photographs, both old and new, of their time at Gaddesden Row. This was an emotional time as another cohort of children move onto secondary school and away from the Gaddesden Row family.



Over the course of this academic year, the children have been earning attendance money. If a class has achieved 97-99% attendance, they are awarded £5 and for 100% attendance, £10 is awarded. Teachers thought hard about what to spend the money and took pupil voice as well. Some rewards have been a bouncy castle and cake making.



We're looking forward to welcoming another full cohort of Reception children. Our small school is the fullest it's been in our recent history, a true reflection of our wonderful teaching team.

For any more information or to discuss spaces within the school, visit our website <https://www.gaddesdenrow.herts.sch.uk> or call the School on 01582 840376. Mr Merriman, the headteacher, and his team will be delighted to help.

*Miriam Barrow - Governor, Gaddesden Row
JMI School*

Our end of year show, Peter Panning the Musical, was a huge success. The children in



Great Gaddesden C of E (V.A.) Nursery + Primary School

My name is Matt Beach, and I wanted to take this opportunity to introduce myself as the next Headteacher at Great Gaddesden CE (VA) Primary School, I am absolutely delighted to be joining the Great Gaddesden community.

I am passionate about providing the best start for all children as well as supporting their families and the wider community. In my spare time, I enjoy visiting the theatre to see a musical or play, spending time gardening, travelling and importantly spending time with my family.

Great Gaddesden School is a hidden gem, nestled within a beautiful area. When I first visited the school, it captured my heart with its small, family feel, inclusive ethos and distinctive Christian character.

I am looking forward to working with families, building partnerships and contributing to the Great Gaddesden community further. In line with our theologically rooted vision “treat others exactly as you would wish to be treated yourself” (Luke 6:31), we are keen to serve our community, demonstrating love and compassion to our neighbours, ensuring everyone feels cared for, welcomed, and appreciated. We will share more about how we continue to live out our vision in our school newsletters (uploaded to our



website weekly) and social media.

On Friday 27th September, we will be taking part in the national MacMillan coffee morning and we warmly welcome all of the community to attend. This would be a great opportunity for us to get to know each other as well as support a cause close to many of our hearts.

I am very much looking forward to meeting you all soon.

Matt

The Best Service For All Your Travel Needs

MJ Executive Cars

Mercedes Chauffeur Service

Tel: 07831819969

enquiries@mjexecutivecars.co.uk

www.mjexecutivecars.co.uk

VIP

CORPORATE

PRIVATE



15 & 30 hour
Childcare Support
Funding available
for 2, 3 & 4 year olds

Where children achieve,
grow and develop
whilst being
nurtured, learning
through play and the
outdoor
environment.



Contact Us @

Telephone: 07375 543288

Email: littlegaddesdenpreschool@aol.co.uk

Website: www.littlegaddesdenpreschool.co.uk



THE
GOOD
SCHOOLS
GUIDE

**Beechwood Park is a leading
day and flexi boarding prep
school in Markyate for pupils
aged 3-13.**



Visit our website or email
admissions@beechwoodpark.com to register your
interest, or to book a private tour.

01582 840333

www.beechwoodpark.com



Great Gaddesden Cricket Club



Sadly, the 2024 cricket is rapidly heading towards its close – and none of us is quite sure how that has happened so quickly this year.

However, there are still a number of games

scheduled through until near the end of September – including the President's Day game on Sunday 1st September which is usually a very good event, with lots of food, fun and also some cricket thrown in for good measure!

At the moment the League season is still going quite well. Mid-table obscurity is actually quite exciting and tight this year, with the club currently sitting 7th but there are 4 teams between 5th and 8th place all separated by only 6 points at the moment. Sunday Friendlies have also continued to go well.

Practice evenings are held on Thursdays for club members and any new players

interested in joining us and will continue until mid-September. These are from around 5.30 to 6.00 pm onwards – usually followed by retiring to the Crown and Sceptre afterwards. Do please feel free to come up and visit us – either to just have a practice or perhaps with a view towards playing occasionally or more regularly.

Alternatively, just come up at weekends, grab a drink at the pub and come over to watch a game. We will be glad to see you.

Forthcoming games in September 'at The Camp' (all 1pm starts) are as follows:

- 01 Sept v President's XI (1pm start)
- 07 Sept v Flamstead 2 (12.30 start)
- 08 Sept – Fixture to be confirmed
- 14 Sept v Lindslade (12.30 start)
- 15 Sept v Washington (12.30 start)
- 21 Sept v Occasionals (12.30 start)

SOFT FURNISHING & UPHOLSTERY COURSES

- Evening leisure classes available in Soft Furnishings
- Day/evening leisure classes available in Upholstery
- Diploma courses available in Soft Furnishing and Upholstery
- Covers a wide range of projects, ideal for those wishing to start their own business or make bespoke furnishings at a professional level
- Taught by qualified tutors with over 65 years of experience between them




CONTACT US TO BOOK A PLACE OR SCAN
THE QR CODE FOR MORE INFORMATION



01442 252810 | 07801 354451
info@maggiloughran.com | www.maggiloughran.com
Unit 2 Bingham Park Farm, Potten End Hill, HP1 3BN

Gaddesden Row Village Hall

 @gaddesdenrowvillagehall

 @Gaddesden Row: The Village
No One Has Heard Of

 Chris Hurt
07738106344

 info@gaddesdenrow.org.uk

What's Coming Up:

Toddler & Baby Group - Every Wednesday From 9.30am to 11.30am

Macmillan Cancer Support Coffee Morning - Saturday 28th September, 10am to 12pm

Children's Spooky Halloween Party - Thursday 31st October, 4pm to 7pm

Hall For Hire!

If you are looking for a venue to host a party, a regular club, or anything else, the Gaddesden Row Village Hall is a great space available for hire now. The cost for the space is £15 per hour, and offers users the following:

- Capacity for 40 seated, 70 standing in the main hall,
- A fully fitted kitchen, a small side room & garden,
- Fast Wi-Fi
- PA system with a projector and screen (*on request and subject to availability*)

For more information, please contact us through any of the above social media platforms / contact Chris Hurt on 07738106344.

www.gaddesdenrow.org.uk

Join

RICHARD & John

Come and murder a pint while discussing
the mysteries of the world at the Crown
& Sceptre first Thursday of the month
5th September 8pm
- ITS JUST A DRINK!

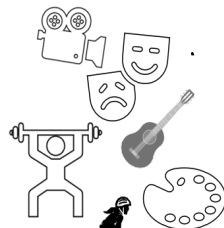


Great Gaddesden Parish Hall

Charitable Trust number 154154



Hope you've all had a great summer. Since writing, the hall has hosted a special wedding anniversary and some lovely birthday parties, welcomed the cyclists back and is now into back-to-school parties and by the time this goes to print, Mums & babies will again be feeling the benefit of Thursday's Baby Sensory classes. We're starting to take bookings for the run up to Christmas and New Year, so please call Anne sooner rather than later if you have something special in mind.



We love to help and can usually accommodate.

Some of our regulars continued throughout the summer. Friday's Pilates class saw record-numbers - as can be seen by the car park! – and qualified physiotherapist & trainer Moira has reserved a follow-on slot in preparation for future growth.



She said that since starting in the hall in April 2023, numbers have been steadily increasing and if anyone is interested in joining, then to please get in touch Moira@stjudesclinic.com

Thanks to the wettest day of the year, not everyone could make it to our last quarterly meeting, so as a group, we would again like to invite **YOU** to join us to ensure that we keep Great Gaddesden Parish Hall available and working for our own local rural community.



No matter how small a part you could play, we need help in particular with general admin and simple maintenance and would really welcome your interest, so please get in touch.

Anne: 07954 600234

GGHallHire@gmail.com

Sue & the rest of the Team:

GreatGaddesdenparishhall@gmail.com



GG Parish Hall, Dagnall Road (formerly Leighton Buzzard Rd), Great Gaddesden, HP1 3BW

Binghams Park Farm, Potten End

Autumn Fitness @ THE FIT HUT



Taking all you 40+ somethings and beyond to the next level with their health & Fitness. Work out the right way with a coach who cares!! To find out how we can help you get your fitness mojo get in touch today!!

OUR SERVICES

- 1-1 Personal Training
- Small Group Training & Classes
- Pilates Live & Online
- Nutrition
- Older Adults Fitness

www.fit-hut.co.uk

info@regardsoe-fitness.co.uk

07786 156653



01442 255784

**WILL KIMBERLEY
GARDEN SERVICES**

Phone for a free no obligation written estimate.

- High hedges as speciality
- Overgrown gardens cleared
- Fences erected and repaired
- Tree Lopping
- Fruit tree pruning
- Shrub trimming
- General garden tidy up's

In fact any job in the garden!



CzechersSwimming

I give swimming lessons in my pool

Adult Beginners/Improvers

Child Improvers

Private Swimming Available

Aquatic Therapy

Contact Zuzana

07547 479132

20 Essential Pieces of advice that I have said 100's of times that will change your relationship with food and your body (yet, I bet you don't do.....)

The schools have gone back – so whether you are a parent, grandparent or just someone that tends to fall out of a routine over the summer. Now is the time to kickstart your health and fitness, by just applying some simple life skills....

Stop over restricting on a Monday out of weekend guilt.

Eat regularly to avoid dips in mood and energy.

Practice mindfulness daily.

Give yourself permission to eat ALL foods (develop trust around them instead of just keeping them out of the house).

Talk about your feelings (don't bottle them up!)

Eat Mindfully without distraction.

Connect with people in person regularly by being your most honest self.

Avoid romantic relationships that are inconsistent

Only diet for transient periods of time – don't try to stay as small as possible all of the time.

Exercise for health, not for calories burned!

Plan or do fun things regularly! (And yes this includes romantic relations 12)

Go for a walk daily without music or using your phone!

Don't let yourself get too hungry

Stop doing 8 week transformation or fat-loss programmes.

Choose habits and behaviours that show respect for your body.

Set better boundaries (Work/people)

Tracking your food & Steps is not a healthful long term strategy!

Take an inclusive > Restrictive approach to your food choices.

Be intentional with creating joy away from food and exercise.

Ask yourself, am I hungry for this? Before snacking &/or finishing your meal.

How many of these do you do?

What do you find the hardest?

Get in touch and I will give you a solution..

Our Fit Hut Family is growing and we would love to welcome you this September! I will help you with all of the above and provide you with a friendly, fun and motivational environment to help You, Your mind and Your body feel good and in control!!

To find out more visit www.fit-hut.co.uk or email me Jo Regardsoe info@regardsoe-fitness.co.uk

Your Local, Friendly Fitness Coach with the no Bull Poop approach!!

Jo Regardsoe

Need more storage space?

INSTALL A LOFT LADDER AND USE YOUR LOFT!

STARTER PACKAGE: Aluminium loft ladder, light plus 50 sqft boarding, fully fitted in less than a day from £444

- Loft Ladders • Hatches
- Boarding • Insulation
- Lights • Fully Guaranteed



— Home Counties —
LOFT LADDERS



CALL FREE: 0808 301 9557
homecountiesloftladders.co.uk



HERTFORDSHIRE
CONSTABULARY

Prevention First

Get connected with what is happening in your local area, keep up to date and have your say in what goes on where you live or work in Hertfordshire.

Herts Connected is a free interactive messaging service from Hertfordshire Constabulary.

You will also be able to choose who you would like to receive messages from – including the Police and Crime Commissioner, Neighbourhood Watch and Action Fraud. Your preferences will make your messages bespoke and not just related to your postcode.

It's quick and easy to sign up using the QR Code or by visiting www.hertsconnected.co.uk.

By working together, we can make Hertfordshire an even safer place to live and work.



Cultivating with Clive

Shortening days are a sure sign that we are moving towards the autumn. In fact autumn officially starts on the 22 of this month.

September is predominantly a harvesting month. I will be harvesting and storing my carrots, main crop potatoes, beans, onions, raspberries, apples and pears. I also prune my strawberries : I cut them back to encourage new growth for the next season. However, I do leave a few plants



Strawberries cut back

untrimmed to encourage the runners to sprout and peg them down into pots with compost to obtain new free plants for next year. Strawberry plants are usually best replaced after 3 or 4 seasons as they don't fruit so prolifically after that. I replace mine on a gradual basis as the first year they don't fruit as well as in subsequent years.

Now is a good time to move shrubs and container grown trees as they will benefit from the still relatively warm soil and the increased rainfall. Stake them well as



Strawberry Runners

September can be a windy month. When you plant the new trees or shrubs remember to water them in well even if rain is forecast.

For all you lawn lovers it's a good time to scarify (rake) the lawn to get all the thatch out, I usually aerate my lawn at the same time. I do this with a fork or you can buy tools for this but I only have a relatively small lawn so a fork suffices. Keep the fallen leaves off the lawn and try not to walk on the lawn when it is very wet.

Clive Hill

THINGS TO DO IN THE GARDEN IN SEPTEMBER

- Lay new turf.
- Move alpiners.
- Prune climbing roses.
- Lift summer bedding and put in the compost bin.
- Plant spring onion sets.
- Sow winter lettuce.
- Think about buying and planting spring bulbs.

Military model-making in Leverstock Green

For generations, the majority of plastic model-making was dominated by subjects such as aircraft, cars, trains and ships. The mid-1960's saw the rise of military vehicle modelling, and the Miniature Armoured Fighting Vehicles Association was formed. The Northern Home Counties branch of MAFVA has been meeting in Hemel Hempstead for thirty years, and for the last



five years has been based in Leverstock Green. The club has continued to grow, and now attracts members from London, Swindon, Northampton and Norfolk, so truly represents a big chunk of the country. Indeed, the club is so popular that there are members who have attended monthly meetings since the group first formed! In addition to the meetings on the fourth Tuesday of each month, there are weekly online meetings using Zoom, where members can chat from the comfort of their home.

The monthly meetings at Leverstock Green Village Hall start at 7.30pm and last up to three hours, with plenty of time to chat and share ideas, as well as focus on a particular theme for the evening. The club prides itself



in the degree of inclusivity and friendship, with members of all ages and interests, from beginners to national experts. The whole atmosphere is welcoming and looking to develop, with new members absorbed into a great social group, where questions and ideas are always encouraged.

Membership of the club is set at £30 per year to cover the venue costs, and this is a very inexpensive way to enjoy the hobby. In addition to military vehicles, we are always keen to see other types of scale models that members have built. Not only does this encourage different model-making skills, but it helps to



spread ideas.

By joining the national MAFVA organisation, members get access to an outstanding magazine full of information to help military modellers and researchers, as well as access to the national website. There is a Facebook page for the National association as well as one for the local club. Open discussion is very welcome, and this is a great way to get questions answered as well as keep in touch with friends in the hobby.

On a wider scene, the NHC-MAFVA group



attends model shows around the country and overseas, with some very high calibre modellers being recognised internationally. However, we are most proud of the way that new members are warmly encouraged and helped to develop their expertise, becoming more proficient in the hobby.

Chris Lloyd-Staples



Choice Pet Supplies

An independent local business, selling products for dogs, cats, small animals, poultry, horses, indoor birds and more.

We take pride in offering great service and a huge range of products.

Inside Hillier Garden Centre
Leighton Buzzard Rd
HP1 3BA

01442 243677

www.choicepetsupplies.co.uk

Gaddesden Estate News

Farming

As I write this we are part way through harvest. We started, as always, with the oilseed rape. As predicted, the yield was not fantastic, and it was relatively dirty with weed contamination. Readers may remember that it was planted as a mixture of oilseed rape, linseed, and berseem clover, with the idea being that the other plants would not only confuse the pests, but that the increased biodiversity would bring all-round benefits, both to the soil and the insects and birds. In the latter aim it was certainly a success, and the blue flowering linseed in amongst the oilseed rape was a welcome sight. One consequence, however, was that we were unable to spray selective broadleaved herbicides on the crop, which under normal circumstances would take care of weeds such as sow thistles. This resulted in rather too much biodiversity (!) in some fields, with the combine struggling through head-high sappy thistles standing well above the crop. Inevitably, pieces of stalk and thistle heads end up in the combine tank, and with these generally being very wet, they have the potential to cause the heap of grain in the store to spoil rapidly. As a result we had to get a mobile bulk cleaner in at short notice, which removed about 5 tonnes of rubbish from the crop, as you can see below. This works rather like a big washing machine drum, with perforations to let the crop through but not the rubbish. Bucketing 2 tonnes a time into the back, it is capable of cleaning about 25 tonnes per hour.

The cleaned crop was thankfully deemed to have very good quality – OSR is judged on how clean and dry it is, but most importantly the oil content. Typically this is in the low



40s percent, but this year, for whatever reason, the results showed around 49%. The merchant we sell it to was so surprised he rang me twice to ask what we had done in growing it, and said that it was the highest oil content in the whole of east Anglia. I would love to be able to pretend that it was something we did, but it seems to be a case of good luck rather than design. Anyway, it was nice finish to what was otherwise a rather uninspiring crop.

Next to be cut was the Wildfarmed wheat. This yielded about as expected, but again was very dirty with weed contamination. We shall have to clean this before it goes off to make Wildfarmed bread. It was also found to contain pieces of ergot, which is a black fungal growth with strong hallucinogenic properties (not good – it sends you mad), and this will have to be cleaned out with a colour sorter by the merchant. This clever piece of kit recognises the colour of every single grain in a stream passed over a lens, taking thousands of photographs per second. It then uses tiny jets of compressed air to remove anything that is outside the set colour tolerances, at individual grain level. It is an expensive and relatively slow process, but necessary in years such as this. Ergot typically grows in grass weeds in the seed head in place of a seed, but can equally grow in the crop. Many cereal crops seem to be afflicted by it this year after a large amount of rain at flowering. It is interesting to read up on the symptoms of ergot consumption, which include *“muscle spasms, fever and hallucinations and the victims may appear dazed, be unable to speak, become manic, or have other forms of paralysis or tremors, and suffer from hallucinations and other distorted perceptions”*. As if this wasn't enough, they can also include *“violent burning, absent peripheral pulses and shooting pain of the fingers and toes, sometimes leading to gangrene and loss of limbs due to severely restricted blood circulation”*.

Historically, before the days of colour sorters, all of this could be a real problem!

The next crop to cut was our conventional wheat along Gaddesden Row. This yielded slightly above our long term average, which was excellent, although a rather low protein content means that it will be destined to end up as feed wheat, rather than going to make

Weetabix unfortunately. Along with ergot, low proteins seems to be a common theme this year, probably due to the lack of sunshine at grain-fill time.

In some ways of course the arrival of the combine is the end of the farming year, but in other ways it is only the beginning. As soon as the combine has left the field the busy work of preparing the soil for planting starts. This year the oil-seed rape stubbles had all been cultivated in readiness for planting the winter wheat in October before the combine returned to cut any wheat. As I write we are cultivating the wheat stubbles along Gaddesden Row in anticipation of planting a cover crop to ensure living roots in the soil in the autumn and winter, and before planting an oat crop in the spring. The unprecedented volumes of rain in the winter and spring have compacted the top layers of the soil, and with the recent sunshine it has come to resemble concrete. Restoring it and creating a seed-bed will require both hard work, in the form of cultivations, and nature, in the form of the cover crop roots.

We also await the return of the combine to cut wheat behind Bridens Camp and opposite Great Gaddesden, as well as the Wildfarmed barley and organic oats through the middle of the farm. Hopefully, by the time this magazine comes out much of this will be complete, and the autumn work can continue in earnest.

Roadside Trees

Everybody will be aware of the road closure last month on Red Lion lane and the disruption that this caused. Unfortunately this work was essential to deal with the fungal disease Ash Dieback (often called “Chalara”) about which I have written before, as well as other trees identified as being potential hazards. This disease causes the normally supple ash trees, which were often used for sports goods, to become brittle and drop branches, potentially falling on the roads and footpaths. Eventually the disease kills the trees. Road safety is of course of paramount importance, and sadly there was no option but to close the road. Indeed in the week before the work was carried out, two trees fell completely blocking the road. It was also an expensive exercise as the value of the timber has naturally fallen due to the disease, and the layout of roadside work, taking out individual trees, is very inefficient for the big machines, which are designed to work in large plantations.

We took the opportunity, whilst the machinery was on-site, to complete the heavy thinning of one of the sub-compartments in Big Wood, which will be replanted with native broadleaved trees. The crop here was planted with mixed conifers and hardwoods by Sir Thomas Halsey in 1963. It is interesting that estate maps and the village Tithe Map, as well as tree growth rings, record that this block was formerly farmland, and was planted as woodland in about 1830.

Cricket Bat Willows at Water End

We first planted Cricket Bat Willows (CBW) along the River Gade in 1974. These trees are some of the fastest growing of all species, and are grown on a rotation of 16 years, before they are felled and turned into cricket bats. Next spring we will be harvesting 23 CBW trees, which will be replanted with willow “sets” for the next crop. The last time we felled any CBW was in 2016, where 12 trees were felled and replaced with 20. Indeed the heap of lop and top from this felling is still apparent on the water meadows towards the Ladies Mile, which we left as a giant bug hotel rather than burning, which would be the norm. The felling is bound to make a noticeable change in the landscape of the Gade valley before the next set grow through, but more about this in the new year.

Works to the River Gade.

After many years of gestation, the works to the Broadwater and weir under the Red Lion bridge by Affinity Water finally got underway earlier in the summer. Or to be more precise the enabling works got underway, with the construction of a temporary roadway and compound on Bailey’s park. Readers may remember that the aim of the works is to repair the failed weir under the bridge, and to re-profile the channel in the Broadwater, being specifically designed to provide an improved range of habitats. The end result will be big environmental gain for the river. However, the actual work has been halted by a final ecological survey revealing the presence of water voles. Given summer breeding patterns and their protections, this caused an immediate halt to work. We understand that Affinity Water and their contractors will only start work again once all required mitigation measures are put in place – this may be in the autumn, or next spring.

GFJH

Desert Island Disks - Terry Douris

I recently had the opportunity to talk to one of our respected and “visible” councillors and Chairman of Hertfordshire County Council, Terry Douris about his Desert Island Discs. He pithily commented early in our chat that a number of these choices would also be on his shortlist for his funeral service!

Terry acknowledged that although he has the ability to make very difficult decisions professionally and speedily, when it comes to small personal decisions he sometimes agonises endlessly. Certainly trying to extract a chronological understanding of his life and career progression with him was not completely straightforward.

He was born at King’s College Hospital in Camberwell. 18 months later his brother was born but presumably due to an anoxic birth injury he was severely mentally handicapped, which included having no speech.

Their father ran a successful nappy laundry business with a partner. His father then sold his share of the company but things subsequently didn’t go well and his parents struggled financially. Because of this the family moved to the new LCC South Oxhey Estate in 1952.



His first record is **Rule the World** by **Take That**. Terry is a proud Londoner and also hugely proud of the successful 2012 London Olympics. He feels the preparation, conduct of the Games and it’s subsequent legacy is something the UK can be very proud of. He remembers at the

time London was a place of excitement and joy. This record was performed during the closing ceremony and was lauded as inspirational.

Possibly surprisingly, when I asked Terry why these Games were so successful he commented wryly it was because perhaps politicians had little involvement.

His next choice is the hymn **Jerusalem** with music by **Sir Hubert Parry**, subsequently arranged by **Sir Edward Elgar** for a larger orchestra. This piece will be familiar to many being regularly performed at the last night of the Proms. Terry finds this movingly patriotic and although he is aware of it’s darker undertones he finds it stirs a strong patriotism within himself.

When Terry’s brother Brendan was 9 his parents felt it was no longer possible to look after him at home. Respite for the family came when a place was found for him at Cell Barnes Hospital, St Albans. Tragically during his stay there he choked on some stuffing he had removed from a chair. Terry still remembers sitting around the dinner table when a knock at the door heralded the arrival of the telegram boy bringing the family the news of his death.

From this, as well as other incidents, he has tried to adopt a policy of trying to turn adversity into opportunity, although being stunned by his brother’s death.



LESSONS
IN LOVE



His third record is **Lessons in Love** performed by **Level 42**. He vividly remembers visiting the Opposite Lock nightclub in Birmingham, when at a



Terry found he had taken on too much so resigned his insurance job and concentrated on building up his now flourishing DJ business.

It was about now that he was approached by P&O Cruises to ask if he would like to be the disc jockey on the cruise to the West Indies, on their ship Arcadia. On his return P & O offered him the job of an Entertainment Officer. He accepted the job and amongst other destinations he

developed a particular affinity for Sydney, Australia and Australians. From this period in his life 2 of his further record choices were made.

As well as the foreign travel Terry enjoyed the camaraderie of the ship's personnel. He remembers that at sea on a Sunday, the officers (Terry was designated an officer) were all invited to the Sunday service and after the service the captain would sometimes mention there would be an

“assembly of the church council in the vestry”. This was a euphemism for some liquid refreshment in the captain's cabin. Fortunately not related to any alcohol consumption, one of the songs that comes to mind is the British hymn **Eternal Father, Strong to Save**. It is one alluding to the dangers for seafarers and those in peril on the sea, both military and civilian.

Terry remembers calls home to his wife from the ship were not straightforward and would involve use of the British Telecom telephone radio mast centre at Portishead in the west country.

Before joining P&O Terry had opened a discotheque equipment shop in Croxley Green that also traded audiovisual equipment. During his time at sea his wife Ann ran the business on his behalf with the help of a manager.

I mentioned above his love of Australia, particularly Sydney. A concert in that city

conference in the city, and this record captured the moment and the atmosphere and it has been a favourite ever since .

When Terry left school he got a job as an insurance clerk with the Ocean Accident and Guarantee Corporation in Moorgate, London (it was at the time part of Commercial Union Assurance Group and more recently Aviva).

To earn additional money in his free time, Terry would collect debts for a company selling potatoes, as well as setting up a mobile discotheque enterprise together with a friend.

Despite these distractions he progressed in the insurance business, working in various branches of the company, becoming an insurance inspector at Twickenham.

While clubbing in Watford with a mate they formed a friendship with 2 girls. As the original pairings didn't work out they swapped partners, Terry teaming up with his future wife Ann. By complete coincidence he found out that she also worked for Commercial Union but in a different branch in Rickmansworth.

After a while the DJ enterprise became very successful and their business had extended into organising events. Terry recalled that he would DJ for the Saturday morning kids and mentioned at one point both he and Kenny Everett were named as the favourite DJs.



made a lasting impression on him. Included in that gig was the song **You're the Voice** sung by **John Farnham** and **Coldplay**. He found this event captured the spirit of the place.

After 2 years on the cruise ship Terry returned to terra firma and took back the reins of his business once more. He and Ann had 2 daughters who were schooled in Hemel Hempstead. Before long (presumably because of his organisational abilities) he found himself a school governor. In 1997 Terry was elected a Parent Governor Representative (PGR) formed as a result of the 1997 Labour government manifesto. Around this time he wrote the National collaboration document formalising the role of PGRs for the Department of Education.

When asked why he got involved in such work he said he wanted to give something back. I have already commented on his strong sense of patriotism and perhaps this reflects in his 6th record choice, **Edward Elgar's Nimrod** from his **Enigma Variations**. He finds this piece of music evocative, constrained, reflective and very British.

After their daughters left school Terry remained on the Hertfordshire Education Committee as he had developed a taste for local government. He stood as a councillor for Hertfordshire County Council but was unsuccessful. Nevertheless, he stood again and was elected in Hemel Hempstead North West and was asked to take on the role of Hertfordshire deputy cabinet member for education.

At the same time as he was progressing in local government his hire business was flourishing: so much so that his peers asked him to become the Chairman of the

Hire Association Europe, a trade body for the equipment hire rental industry.

It was in this role that he was invited to attend a business convention in Las Vegas. The venue was the Mandalay Hotel. He remembers the glitziness of the setting and strolling along 'The Strip' one afternoon and came upon the Bellagio Hotel when the fountains were playing as **Sarah Brightman** and **Andrea Bocelli** sang **Time to Say Goodbye**. Las Vegas is unique and rather crazy but a lot of the theatre is done very well. He found the music and theatricality of the whole experience truly mesmerising.

Terry was together with Ann for 42 years when she sadly died at the age of 66. His final disc is **We don't talk anymore** sung by **Cliff Richard**. He well remembers going with Ann to see Cliff Richard at the old Empire Pool and this reminds him of that day. It would seem clear why this song has a unique resonance for him and inevitably is his favourite piece of music.

After the usual caveats about the Bible and Shakespeare, I asked Terry what book he would choose to take to his desert island. Whether this is legit, he chose the collective works of Bill Bryson.

As far as a luxury is concerned he asked for a body-carrying drone to rescue him from the island, not least because he acknowledges he is not great with practical construction matters.

At this point I thanked Terry for sharing some of his personal life, his music choices and for his considerable local contributions.

Malcolm Stodell

Listen along to Terry's Desert Island Disks on Spotify and Apple Music. I couldn't find John Farnham and Coldplay but it might be on YouTube!



Green Telephone Box

Someone has sent Anne at the Parish Hall this poor photo from the 1980s of a green telephone box in front of Great Gaddesden Parish Hall.

I wonder if readers remember it - why was it green, was it a real functioning telephone, when was it removed?



**PLUMBING
& DRAINAGE
SPECIALISTS**

professional tiling service available



All aspects of
plumbing &
drainage
undertaken

Well-respected plumbing & drainage company with specialisation in plumbing, drainage, water softening, CCTV surveys, high pressure water jetting and moling.

Mob: 07733 308999
www.ecorod.co.uk



Great Gaddesden Diary

Sunday	1 st	11:00am	Great Gaddesden Church	Parish Communion
		2:30pm	Great Gaddesden Church	Cream Teas
Monday	2 nd	7:45pm	Gaddesden Row Green	Chip Van
Tuesday	3 rd	9:00am	Great Gaddesden Church	Holy Communion
Wednesday	4 th	9:30am	Gaddesden Row Village Hall	Toddler and Baby Group / Coffee Morning
		8:00pm	Great Gaddesden Church Tower	Bellringing
Thursday	5 th	10:00am	Great Gaddesden Parish Hall	Baby Sensory
		8:00pm	Crown & Sceptre	Thursday Murder (a pint) Club
Friday	6 th	9:00am	Great Gaddesden Churchyard	Walk and Talk
		10am	Great Gaddesden Parish Hall	Pilates Moira's Medicine in Movement
Saturday	7 th	2:00pm	Amaravati Buddhist Monastery	Meditation Workshop in Temple
Sunday	8 th	11:00am	Great Gaddesden Church	Cafe Church
		10:30am	Great Gaddesden Parish Hall	Christian Spiritualists Church Group
Monday	9 th	7:45pm	Gaddesden Row Green	Chip Van
Tuesday	10 th	9:00am	Great Gaddesden Church	Holy Communion
Wednesday	11 th	9:30am	Gaddesden Row Village Hall	Toddler and Baby Group / Coffee Morning
		8:00pm	Great Gaddesden Church Tower	Bellringing
Thursday	12 th	10:00am	Great Gaddesden Parish Hall	Baby Sensory
Friday	13 th	9:00am	Great Gaddesden Churchyard	Walk and Talk
		10:00am	Great Gaddesden Parish Hall	Moira's Movement is Medicine Pilates
Saturday	14 th	2:00pm	Amaravati Buddhist Monastery	Meditation Workshop in Temple
		10:00am	Gaddesden Row Village Hall	Coffee Morning / AGM
Sunday	15 th	10:30am	Gaddesden Row Chapel	
		10:30am	Great Gaddesden Parish Hall	Christian Spiritualists church group
		11:00am	Great Gaddesden Church	Parish Communion
Monday	16 th	7:45pm	Gaddesden Row Green	Chip Van
		7:30pm	Great Gaddesden Parish Hall	Parish Council Meeting
Tuesday	17 th	9:00am	Great Gaddesden Church	Holy Communion
Wednesday	18 th	9:30am	Gaddesden Row Village Hall	Toddler and Baby Group / Coffee Morning
		8:00pm	Great Gaddesden Church Tower	Bellringing
			Boxmoor Playhouse	Much ado About Nothing (details page 40)

– September 2024

Thursday	19 th	10:00am	Great Gaddesden Parish Hall	Baby Sensory
Friday	20 th	9:00am	Great Gaddesden Churchyard	Walk and Talk
		10:00am	Great Gaddesden Parish Hall	Moiras Movement is Medicine Pilates
Saturday	21 st	2:00pm	Amaravati Buddhist Monastery	Meditation Workshop in Temple
		9:15am	Pipers Hill Garden Centre	Terry Douris and Jane Timmis Surgery (to be confirmed, see Facebook)
			Boxmoor Playhouse	Much ado About Nothing (details page 40)
Sunday	22 nd	10:30am	Gaddesden Row Chapel	Service of Worship
		10:30am	Great Gaddesden Parish Hall	Christian Spiritualists church group
		11:00am	Great Gaddesden Church	Parish Communion
			Gaddesden Place RDA	Open Day
Monday	23 rd	7:45pm	Gaddesden Row Green	Chip Van
Tuesday	24 th	9:00am	Great Gaddesden Church	Holy Communion
Wednesday	25 th	9:30am	Gaddesden Row Village Hall	Toddler and Baby Group / Coffee Morning
		8:00pm	Great Gaddesden Church Tower	Bellringing
Thursday	26 th	10:00am	Great Gaddesden Parish Hall	Baby Sensory
Friday	27 th	9:00am	Great Gaddesden Churchyard	Walk and Talk
		10:00am	Great Gaddesden Parish Hall	Moiras Movement is Medicine Pilates
Saturday	28 th	2:00pm	Amaravati Buddhist Monastery	Meditation Workshop in Temple
		10:00am	Gaddesden Row Village Hall	Macmillan Cancer Support Coffee Morning
			Boxmoor Trust	Autumn Festival
Sunday	29 th		Boxmoor Trust	Autumn Festival
		10:30am	Gaddesden Row Chapel	Service of Worship
		10:30am	Great Gaddesden Parish Hall	Christian Spiritualists church group
		11:00am	Nettleden Church	Joint Parish Communion
		11:00am	Hemel Hempstead Town Centre	50Fest! 50 years of Dacorum Borough Council
Monday	30 th	7:45pm	Gaddesden Row Green	Chip Van



**Martin and Shirley
would like to
welcome you to
your friendly
local pub**

CROWN & SCEPTRE

Briden's Camp

A CAMRA recommended Free House

Opening Times 12 to 3 and 5:30 to 11

Local Home made Food Daily 12 to 2.30 and 6 to 9

(Except Monday evenings)

Sundays 12 to 4:30

Car Park and Large Garden

Crown and Sceptre, Red Lion Hill, HP2 6EY

01442 234660 - No booking Sunday

Dacorum Borough Councillors

Hertfordshire County Councillor

Terry Douris

Jane Timmis – 07712 050363
Email: jane.timmis@dacorum.gov.uk

01442 402273
email terry.douris@hertfordshire.gov.uk

Ed Barradell – 07928 692862
Email: Edward.barradell@dacorum.gov.uk

Harpenden and Berkhamsted MP
Victoria Collins MP
victoria.collins.mp@parliament.uk

Great Gaddesden Parish Council

Next Parish Council Meeting 16th September 2024
at Great Gaddesden Parish Hall, 7:30 pm

Chair:	Ben Cosbie Ross	07813 842 229		
Members:	Corran Griffin	07368 201 866	William Ristoff	07801 042 594
	Rosie Hamilton	07786 651696	Guy Halsey	07811 317 177
	Chris Turner	07905 742 178	Mark Griffin	07931 900 000
Clerk:	Andrew Farrow	07512 192 188	clerk@greatgaddesden-pc.gov.uk	

The Parish Council's website is available at
greatgaddesden-pc.gov.uk

Local Community Social Media - search facebook for:

"Great Gaddesden Parish Council", "Great Gaddesden Community Group"
"Gaddesden Row the Village"

If you're worried about anything from dog-fouling, fly-tipping, litter, issues with pavements, pot holes etc. please contact one of the Parish Councillors or report it online. Search online for:

"Dacorum report it" and look for the Dacorum website,
or for highways issues search for:
"Herts report it" and look for the Hertfordshire website.

Defibrillator Sites

Bridens Camp: The cricket club pavilion

Gaddesden Row: In the old phone box at junction of Bradden Lane

Great Gaddesden: In the old phone box next to the school

St Margaret's: Within the Monastery grounds

Water End: The Red Lion Pub, on the perimeter wall by the front entrance

Update from Victoria Collins MP

It was an incredible honour to be elected as your new Liberal Democrat MP for the constituency of Harpenden and Berkhamsted, which includes the beautiful parish of Great Gaddesden.

Thank you for your support. It was truly humbling. But whoever you voted for, I'll strive to deliver for every resident and every neighbourhood.

I'm determined to stand up for your interests at Westminster, get your voice heard, and campaign on the issues that matter most to our communities.

These include the crisis of sewage polluting our precious local chalk streams - a subject of my maiden speech in the House of Commons. And on my first day as an MP, I wrote to Thames Water, demanding action on the Markyate overflow - which has seen more than 2,500 hours' worth of sewage pumped into the River Ver this year alone.

I welcome the recent fines handed out by the regulator to Thames Water - but we need further steps to hold them to account. This also includes protecting our River Gade, another precious chalk stream we need to preserve.

Another crisis is social care. So many of you have told me how this affects your lives. In the Commons, I called on the health secretary to provide greater support for unpaid family carers - who bear the brunt of a failing system.

I also raised the impact on West Hertfordshire hospitals, which have lost 843 'bed days' in a single month in 2023 due to social care backlogs.

Meanwhile, we still face the threat of Luton Airport expansion and its impact on our community. That's why St Albans MP Daisy Cooper and I have written to ministers urging them to block it - in line with Climate Change Committee advice. We're building on the work of inspirational residents' campaign groups.

Also high on my agenda are the government's proposals to change the planning system and how housing targets are calculated. My Lib Dem colleagues and I will hold the government to account, and push for a community-led approach to development. I know locally there are also



concerns over the impact of SANG proposals. I have raised this with local councillors and secured a meeting with the Council on planning issues.

My other parliamentary campaigns include improving local public transport, and tackling the huge shortfall in funding for local councils. Time and time again, hard-working local councils - like ours - have been forced to limit ambitions or make agonising budget decisions because central government has starved them of cash.

Alongside the politics are the practicalities of becoming an MP. I've been setting up my constituency staff and office, and getting stuck into what's probably the most rewarding part of my new role - casework. That means helping you directly with individual problems. No matter what the issue, my team and I will take up your concerns and leave no stone unturned.

I also hope to meet many of you in person over the coming weeks and months. In late August, I'm touring the constituency - from Tring and Aldbury to Potten End and Jersey Farm - meeting local organisations speaking to residents on the doorstep.

I've already attended events such as the Harpenden Highland Gathering, Wheathampstead Village Day and Redbourn Festival, as well as meeting health organisations, Dacorum Citizens Advice, and the Swan Youth Project in Berkhamsted. My diary is packed, in the best possible way.

Altogether, the last few weeks have been a whirlwind and sometimes surreal. Whether it's getting lost in the endless corridors of Parliament, or learning the rules of the Commons (no clapping). But beyond the pomp and ceremony, there's a genuine feeling of renewal, and I know the important work has only just begun to deliver for you.

Update from your Borough Councillors

Can summer really be on the wane already?

Reminder, Great Gaddesden and Gaddesden Row **will still be part of Dacorum Borough Council** for local Council matters.

This year marks the 50th anniversary of Dacorum Borough Council. Details of a celebration in Hemel Hempstead Town Centre below.

Information about a Planning application for a SANG in Gt Gaddesden, 24/012139/MFA

The above planning application has been submitted by a Developer.

SANG, stands for a Suitable Alternative Natural Greenspace; these planning applications are being applied for by developers, to offset new housing developments, where there is a requirement to provide new residents with a green park type of area as an alternative to heading to Ashridge (Chiltern Beechwoods) where the impact of humans (plus dogs and cars etc) is destroying the rural environment. SANGs provide paths and car parks for walkers and cyclists in a natural green space, and are linked with large developments in other parts of the Borough.

This SANG is in Great Gaddesden, in the agricultural fields lying between 'Ladies Mile' and Potten End Hill, you can view the location and the application on the DBC website: 24/012139/MFA

Some SANGs have already been approved in Berkhamsted and Chipperfield for example. In this case Gt Gaddesden Parish Council have entered an objection, plus there has been a huge response to the consultation of over 60 individuals and 13 statutory consultees. These are mostly, although not entirely, in objection to the proposal.

If the planning officer's decision is to grant the application, the probability is that it will go before the Development Management Committee at Dacorum for a final decision.

Please keep a look out for the monthly 'surgeries' with Terry Douris (County Councillor), when you can come and see us too. These are held at the Garden Centre at 9.15am usually on the third Saturday of the month. Alternatively, you can contact either of us on the numbers/emails below.

Jane Timmis – 07712 050363 Email: jane.timmis@dacorum.gov.uk

Ed Barradell – 07928 692862 Email: Edward.barradell@dacorum.gov.uk



The poster for 50FEST, a celebration of 50 years, features a red and orange background. At the top left is the Dacorum Borough Council logo. The main title '50FEST' is in large, bold, orange letters with a white outline. Below it, 'A CELEBRATION OF 50 YEARS' is written in white. The event details are: 'SUNDAY 29 SEPTEMBER 11AM - 5PM' and 'HEMEL HEMPSTEAD TOWN CENTRE'. On the right, a QR code is labeled 'SCAN ME' and 'FREE EVENT' is written in large yellow letters. At the bottom, three categories are listed: 'PARADE AND LIVE ENTERTAINMENT', 'CHILDREN'S ACTIVITIES', and 'FOOD AND DRINK'. The bottom left says 'FIND OUT MORE: WWW.DACORUM.GOV.UK/50-FEST'. Logos for funding partners (UK Government, Hemel Hempstead BID, Handmade Hockleys) and the #LocalGov50 logo are at the bottom.



MUCH **ADO** ABOUT

NOTHING

by

William Shakespeare

Wednesday 18th September - Saturday 21st September 2024

Tickets from £17 - £19 (with concessions available for certain performances)

Book Tickets Call: 0333 666 3569 or www.hntheatre.co.uk

Boxmoor Playhouse, 72 St Johns Road, Boxmoor, Hemel Hempstead, Herts HP1 1N

Moira's Therapeutic Pilates



St Judes Clinic
Moira's Therapeutic Pilates

Helping you be your best self

'HELPING YOU TO BE YOUR BEST SELF'

For local Pilates classes aimed at injury recovery and prevention with an APPI qualified Pilates Instructor and Chartered Physiotherapist.

'Let Pilates help you live the life you want to lead'.

For more information: www.stjudesclinic.com

Or email: moira@stjudesclinic.com

Moira's Therapeutic Pilates Classes

Great Gaddesden Parish Hall:

Fridays, 10 am – 11 am

Billington Village Hall:

Tuesdays 1.30 pm – 2.30 pm

Wednesdays, 7 pm – 8 pm &

8.05 pm – 9.05 pm

Toe-Tal Footcare

Treatments in your own home at a time to suit you

Covering all feet related conditions including: thickened nails, corns, ingrown toenails, callus.

Keep your feet in good condition with regular treatment and be treated to a reliable prompt and courteous service by a qualified foot health professional.

To book your appointment

Please call :

Graham Spendlove MCFCH MAHFP

07799033974

Also offered to both men and women is a fingernail trimming service.

From Terry Douris - your County Councillor

Leighton Buzzard Road – hurrah

After many months, sorry years, of waiting for the junction of Leighton Buzzard Road, Hudnall Lane and Pedley Hill to be re-surfaced it was

finally carried out by Ringway the Hertfordshire contractors overnight between 19th and 22nd August.



and over a 12-course helps them to ‘find themselves’ and give them the confidence and purpose to achieve. Over the years I have attended a number of these and whilst some young people

don’t make the whole journey there are some great examples of success; for example one young person is off to university in September to study Criminology.

It took some planning because of the county boundary line runs up the middle of the road but thanks to the co-operation between Hertfordshire and Central Beds Highways teams the road is now pristine. All the white lining has been replaced and where the verges had overgrown the road these have been cut back to improve the visibility of the traffic. Before and after pictures attached.

More Highways works

Parts of Red Lion Lane are also being resurfaced and Highways officers met with the team at The Crown and Sceptre to minimise disruption. It is a fact that there will always be some disruption when roadworks take place and HCC do their best to minimise inconvenience. There has been a real push to get these done during the quieter summer months.

Hertfordshire stars at the Olympics

Hertfordshire was delighted to recognise some of our rising stars at the Olympics. Phoebe Gill from St Albans was in the athletics squad and Mia McIntosh from Redbourn is a hurdler. Elizabeth Bird also from St Albans specialises in the 3,000m steeplechase while Emma Reid from Royston was a member of the Judo team. All our athletes past and present serve as brilliant role models for our young people and we are fortunate to have such excellent facilities at the University of Hertfordshire.

The Princes Trust

On 24th July, I had the pleasure in attending the 10-year celebration of the Princes’s Trust Team Awards. This is a scheme which embraces young people with a challenging background

Recent events

I am sure you will be aware of the shocking scenes of public behaviour in August. The County Council stands united against violence and racism, and I want to reassure you that we are working closely with our faith and community leaders, MPs, council colleagues and emergency services to keep lines of communication open with our communities, hear any concerns and take the action required. Thanks everyone involved in this vital partnership work to keep Hertfordshire safe and unified.

Summer activities

On 8th August I paid a visit to the Dolphina Gymnastics session in Watford which is part of the HAPpy Summer programme where eligible children can enrol for a host of different events and activities. This is the continuation of the funding from the Household Support Grant which was renewed last year and lasts until 31st December 2024.

Do you have a project?

If you have a project which could do with a little financial help. If you do, I may be able to help from my Members Locality budget. There are some rules so the best first step is to drop me an email outlining your project.

Keeping in contact

I will publish the details of dates and times of my surgeries at the Garden Centre on the Gt Gaddesden and Gaddesden Row Facebook pages. Alternatively, you can contact me on 01442 402273 or by email at terry.douris@hertfordshire.gov.uk

Update on River Restoration works at Water End South Road Bridge



Many of you will have noticed some activity in the field adjacent to Red Lion Lane in June and July this year, and the appearance of a new road within the field, and some of you may have been concerned that the land was going to be developed! Please rest assured that this is not the case. The road is a temporary access track to allow Affinity Water's contractors Salix River & Wetland to access the River Gade for the purposes of carrying out planned environmental enhancement works. The primary aim of these works is to remove the weir under the central arch of the bridge by the Red Lion, allowing water to flow under the bridge and the free passage of wildlife, particularly Brown Trout. This will also give the fish access to spawning habitat upstream of the bridge.

These works have been in the pipeline for a long time, and have faced many delays. We have secured Planning Permission and Listed Building Consent from Dacorum Borough Council, along with a Flood Risk Activity Permit and Impoundment Licence from the Environment Agency. We were expecting to be able to start work in the channel in mid July, and carried out the

works in the field with this in mind, but it was not to be.

Ecological surveys were carried out back in 2021, and these identified suitable habitat for Water Voles throughout the proposed works area, but no signs of actual Water Voles, which are a protected species. This means that the works can be carried out without a licence, but that a Precautionary Method Statement must be written and adhered to in case Water Voles are found during the work. These surveys had a validity of three years, meaning that we had to repeat them in 2024. We carried out the first survey in May, this time finding evidence that something was nibbling at the vegetation, but no conclusive proof that it was Water Voles. The second survey took place in July, and did find definitive Water Vole signs including latrines, as shown in the photo.

We have now applied for a licence from Natural England to displace the Water Voles for the duration of the works, and assuming the licence is granted we will continue the work in the Autumn. In order to reduce the impact on the Water Vole habitat, and to avoid impacts on the Trout during their peak spawning season, we are also reducing the scope of the works somewhat: we will remove the weir under the central arch of the bridge and install some scour protection under the riverbed, then allow the river to renaturalise in its own time. We will continue to monitor the site to see if further intervention would be beneficial in the future.



Sarah Caleb, Affinity Water

Reviving the Upper Gade Valley Society: A New Conservation Focus



I saw the recent call in the newsletter for a Chair to help restart the Upper Gade Valley Society, and it struck me as a great opportunity to support our local community and the environment. I've been involved in environmental campaigning for 20 years, with a primary focus on tackling climate change. I've lived in Great Gaddesden for more than a decade, and love walking around this beautiful corner of the world we are lucky to live in, it's a real tonic to my day job to see how resilient nature can be.

After a conversation with Peter King, the former Chair of the Upper Gade Valley Society, and Andrew Farrow, the Parish Clerk, we agreed that it would make sense for the society to adopt a conservation focus as moving forward.

The River Gade is a rare chalk stream. These streams are characterised by their crystal-clear waters and are incredibly special habitats. I was surprised to learn that chalk streams are globally scarce, with fewer than 200 in existence, and over 85% of them are found in England. Despite their rarity, these ecosystems are under significant threat. The River Gade, like many other chalk streams, faces challenges from pollution due to sewage, road, and agricultural runoff, as well as abstraction

by water companies. The River Gade has received relatively little monitoring to date. However, during the 2023 Great UK Water Blitz, some water samples were taken, revealing that parts of the river are in poor health.

The Upper Gade Valley Society has not yet defined our mission or activities in detail, but we have an initial meeting scheduled with a small group of local residents planned soon. I believe one of our first priorities will be to discuss the proposed Suitable Alternative Natural Green Space (SANG) at Potten End Hill. While there is broad recognition of the need to alleviate pressure on Ashridge from increased visitors, there are also concerns about its potential impact on local wildlife.

Specifically, allowing dogs to roam off-lead could threaten ground-nesting birds nearby, and there is a risk that dog walkers might be tempted to use paths along the river, further disturbing the wildlife.

As we move forward, I am hopeful that the Upper Gade Valley Society can play a role in conserving our local environment. I'll update you more and offer ways you can get involved soon.

*Fionnuala Walravens
Chair, Upper Gade Society
Finstaag99@gmail.com*



Scan me

Loved Ones Funerals

We care for you and yours

**LET'S CREATE
A FUNERAL
THAT WORKS
FOR YOU**

Tel 01442 241608

www.lovedonesfunerals.com

**Unit 2 Boxted Farm,
Hemel Hempstead HP1 2SG**

School of Soft Furnishing



This summer our school held a summer show and awards day to celebrate our student's culmination of work both accredited and leisure in soft furnishing and upholstery. It's a great day where students can invite family and friends to see what they have been up to all year.

Its always difficult to see how amazing the work is until you lay it out in a room on show. Then what a picture it is! Such a high standard of work in both disciplines. There is nothing more satisfying than seeing how much the students have achieved over one academic year and that all that lesson prep and planning has paid off.



Our students come from all walks of life; some are here to learn a new profession whilst others are looking for a social situation which also encompasses a passion in creativity. Whatever their reason, learning always opens new doors. We have a high number of students who return again and



again, sometimes crossing disciplines to add to their portfolio, the feedback is always that it is so friendly here.

This year particularly in soft furnishing I have seen a reincarnation of all things busy, floral and flouncy. Frills everywhere, mix of colour and pattern and students are not afraid to try new things.

In upholstery on our new course students have created headboards that are deep buttoned or frilled and in several different shapes. We wanted to create a course that doesn't just look at the traditional methods but also teaches modern skills for those wanting to pursue a career

I am always pleased with the ideas our students use to create – like a washer on the end of a bolster covered in wool and fixed with a button in the middle. Detail that makes their pieces unique, bespoke and very eye catching

And lucky me, I get to do it all over again from September

Maggi Loughran



Birds of Great Gaddesden

The last couple of months have dealt some terrific local birding. I've cherished watching the nesting House Martins at Great Gaddesden, gazed in awe as Swallows skim over the golden fields of barley and savoured the sight of Swifts screeching high overhead in the summer sky. They have also delivered a few extra special avian visitors to our Parish.

On the 14th of July I was busy fighting my way through a dense entanglement of Bramble and Stinging nettle on the overgrown footpath beyond the waterworks near Piccotts End, when some movement caught my eye. I glanced left just sharply enough to catch a glimpse of a Sandpiper species alighting from a small pool before dropping down out of view on to the Gade. I managed to observe a flash of white on its rump, before it vanished into cover, confirming it a Green Sandpiper! It had been many years since I last saw a Green Sandpiper along the Gade and after waiting patiently the bird came back into view and I had great views as it fed along the banks of the chalk stream.

Green Sandpipers breed in Scandinavia and are mainly seen in Britain during their Autumn migration as they pass through on the way back to their African wintering sites. This bird was so early in the season it



Cuckoo (Lee)

was most likely a failed breeder and was heading back early.

On the 30th of July the summers star bird was discovered at Gaddesden Row. Jean Mac was busy cutting the long grass at Ballingdon Bottom when she identified a Juvenile Cuckoo sitting on a fence post!

She immediately broadcast the news to my local birding WhatsApp group accompanied by a series of crippling photos! Jean had very kindly offered to allow fellow birders into her garden to come and observe the bird and it wasn't long before the first visitors were arriving. I was typically stuck laying bricks at work and had to wait to early evening to connect



Kite (Mike Gardner)



Cuckoo (Jean)

with it. The bird stayed for the next few days and kind-hearted Jean continued to provide a warm welcome to many visiting birders as the bird continued to perform superbly.

The Cuckoo was around 5 weeks old and spent most of its time gorging on caterpillars completely unfazed by human company.

Cuckoo were once a common sight and sound in our Parish and to many they were the sound of summer. Like many of our birds they have undergone a dramatic decline and now we are lucky if even one is recorded locally annually. The future for wildlife in the UK is bleak, with the new Labour governments plans to build 1.5 million homes and soaring immigration, nothing is safe.

On the 16th August one of Hemel's top bird finders, Jenny Baker, discovered a striking Male Redstart in the horse paddocks along Cupid Green Lane. The bird spent all day flycatching from fence posts and hedge lines around the perimeter of the paddocks, alas there was no sign the following morning.

The last couple of weeks have seen many of the local fields being harvested, you may have noticed large groups of Red Kite and



Redstart (George)

Buzzards swirling around following the combines, a great opportunity to get a close-up view of these beautiful birds. Mike Gardner sent in the fantastic image of a Red Kite that he took at Bridens Camp.

Elsewhere 2 Yellow wagtails were seen feeding in the Nettleden horse paddocks, whilst up to 7 Little Egret have been seen

at Piccotts End Pools. A Hobby was also spotted over Beechwood school.

Early August saw a small trickle of warblers pass through the Parish, including some lemon-yellow young Willow Warblers. Historically the next week or two is the peak time to spot Whinchats, Wheatears and Spotted Flycatchers as they head back south – so keep an eye out!

The following month will see the departure of many of our breeding birds as they head for warmer climes. It will also see the arrival of birds from the east who spend the winter here where it is warmer and food more abundant.

As always please send any photos, sightings or questions to georgemoretton92@gmail.com - Happy birding!

George Moreton

BIRDS OF GREAT GADDES DEN WHATSAPP GROUP

To join, email your mobile number to me at

georgemoretton92@gmail.com

Sightings this month include:



The Nijmegen International 4-Days Marches

Following my recovery from the Boston Marathon, the newly found fitness status required some maintenance especially with new ambition to run an ultramarathon. In addition to the daily 5/10/15-km runs through the many footpaths & bridleways of Gt Gaddesden & surrounding parishes, it was time for the Nijmegen Vierdaagse – the largest walking event in the world, known as ‘The Walk of the World’.

Nijmegen is one of the oldest cities in the Netherlands & the famous bridge over the River Waal also has a significant history witnessing heavy fighting during Operation Market Garden in Sept 1944 when it was liberated by British Grenadier Guards & the US 82nd Airborne. Nijmegen has hosted the Vierdaagse since 1925 as a means of promoting sport & exercise, the challenge is to complete all 4-days walking, with distances ranging from 30-50 km subject to age/gender. Originally a military event with a few civilians, it is now mainly a civilian event held annually in the third week of July. Numbers are large with roughly 45,000 walkers, but also shadowed by the 1.1 million spectators who are present for the Somerfest, difficult to describe this without experiencing, it’s a unique Dutch week-long beer-fuelled music festival.

I’ve completed this March previously covering different distances, but always in uniform, either as a military team leader or with the International Police Association, however, for the 106th Vierdaagse this was to be my first as a civilian. After completing the sign-in procedure on the Monday afternoon, I was provided with a bar-coded wristband, this is scanned each day at the start & finish, there’s also a card that is clipped at control-points on the route - I was all set for a late Tuesday morning start, setting off at 0615-hrs. The route on Day-1 takes you over Nijmegen Bridge & onto the dike between Lent & Oosterhout, passing the River Waal Crossing

Memorial to the 82nd Airborne. Next up is the town of Elst filled with oompah bands, parties & all manner of roadside entertainment & encouragement cheering the walkers, towards Arnhem & then some lunchtime pastries & refreshments in Bemmelen, then ponchos on for a quick 5-min downpour, before back to cross the Nijmegen bridge to the finishing area, the first 40-km completed in 7-hrs.

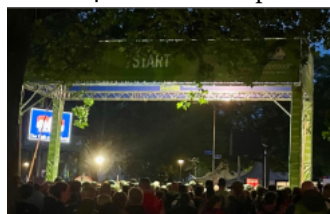
Day-2 started earlier at 0540-hrs & the route took me to the west of Nijmegen through green wetlands, then Alverna & into a mega-party in



Wijchen where all the different routes converge & disperse, then onto a musical roadshow in Beuningen before heading back into Nijmegen, along the riverside Waalkade towards Nijmegen bridge, where the whole city seemed to turn pink. The day’s route was much

more congested & so the 40-km was completed in 7.30-hrs.

Day-3 was a properly early start at 0500-hrs as high temperatures were forecast & the route leads south & east from Nijmegen along impressive giant canal waterways, then through the villages of Mook & Milsbeek



In the distance I could see a green ridge-line, looking past the surrounding crowds of both walkers & spectators, the green hills and valleys



lead to Groesbeek via Seven Hills Road & so there are some inclines to contend with, however, everything must be kept in scale here, note the measurements on this road at the German border are given in centimetres –



imagine seeing these on Pipers Hill or Red Lion Lane! Although there are allegedly only six hills, they are very tricky to count, with some of them being inclines spread over several kilometres, we have far larger potholes to climb in the UK. Despite these hills being remote, the route remains lined with partying spectators.



I arrived at Groesbeek Canadian War Cemetery, a Commonwealth War Graves Commission site, just in time to witness the Delegation of the Swiss Armed Forces as they laid wreaths & flowers, accompanied by an extremely moving musical ceremony.



After paying due respect here, the route continued through the hills back towards the Berg en Dal region & into Nijmegen. Day-3 was certainly a warm one & there were plenty of busy Dutch emergency services on the route dealing with a variety of dehydration situations. The 40-km was completed in 7:30-hrs & at the finish all



walking participants were advised of mandatory adjustments to Day-4 accordingly.



Day-4 started at 0600-hrs & the route out of the city led south passing the university & out through the suburbs where walkers were

surprised by a mass of hot air balloons taking off & crossing the route. Next the route led out towards Overasselt, where I stopped for some traditional Dutch breakfast coffee & cheesecake, of course. Once I set off again there were more fly-pasts, far more noise involved courtesy of the Royal Netherlands Air Force, with both the



C130 Hercules & the F-35 Lightning II featuring. Crowds continued to line the route back into the city & their generosity increased, biscuits, fruit & sweets were shared by children & complete strangers alike – I was even passed some shots of schnapps – that helped loads!

Re-entering Nijmegen onto the finishing straight there were dance troops, military bands, high-fives from Dutch police directing the traffic & rooftop parties cheering all the walkers towards the finish line, my wrist was duly scanned & having completed the last 30-km in 5:45-hrs, there was plenty of time to enjoy the cities hospitality, whilst proudly wearing my Nijmegen Vierdaagse Cross, for completing the event for the 31st time. A totally different experience as a civvy, I heartily recommend this walking challenge – but make sure you train hard beforehand!

The next morning was a comparative lay-in till 0700-hrs & after walking 150-km, it turned out I had missed my running fix, so I took the opportunity to visit Arnhem & complete their 5-km parkrun, after all, there's still an ultramarathon waiting...

The Retired Runner



50 FOR 50

YEARS OF GADDESSEN PLACE
RIDING FOR THE DISABLED

Can you help us by planning a sponsored event to support our 50 for 50 campaign?

Our exciting fundraiser challenges you or your team to accomplish and get sponsorship for 50 things - no matter how big or small - to fundraise for our 50th Anniversary.

Scan below to sign up and join in:



<http://epp.godshub.com/da50ku50>

Thank you for supporting Gaddesden Place RDA, enabling us to continue to provide therapeutic riding and equine therapy for children and adults with additional needs and disabilities.

Gaddesden Place RDA Centre
A member of Riding for the Disabled Association incorporating Carriage Driving
Registered Charity Number 394330
A Private Limited Company Registered in England and Wales Number 7512961

BLAINS

TRAILERS & TYRES LTD

Local business est. 40 years. Discounted prices



Car, Winter, 4x4, Truck
& Agricultural tyres
Wheel balancing & Tracking

www.blains.co.uk

01442 842419

St Margarets Farm, Great Gaddesden,
Hemel Hempstead, Herts. HP1 3BZ



Book your table now by emailing theredlion@oakmangroup.co.uk using the promo code Great Gaddesden Magazine and you get a 20% discount on food (T&C Apply).

Open all day from 8am, The Red Lion serve a seasonal menu with a Mediterranean influence in our stylish dining room.

T - 01442 213594 E - redlion@oakmaninns.co.uk
www.redlionwaterend.co.uk

Learn, Laugh, Live

My dream of retirement finally came true on a sunny summers afternoon. The feeling of freedom was wonderful and I spent several months enjoying life without the pressures of commuting. Travelling became a joy and I visited many of the places on my to-do list.

However as the weather changed and days were shorter I was reluctant to venture far from my cosy home and I realised that daytime TV was not for me. I was missing my daily routine.

A friend mentioned the U3A and talked about the groups that she attended. Dancing, reading, travelling, learning languages, various craft groups and more.

I was intrigued but concerned about the cost. She laughed as she explained that for an annual fee of £12 I was welcome to attend a monthly meeting (with coffee and biscuits and a talk from a speaker) at no further cost. The groups cost between £1 - £3 and normally last about two hours.

Her final comment was “where else can you get tea and biscuits and an interesting afternoon for £2, and I’ve learnt to make rugs from old tee shirts”

I checked the website (u3adacorum.org) and smiled at the slogan ‘Youth Club of the Third

Age’. Looking further I found details of the monthly meetings and found a heading ‘whats on’ this opened a drop down menu and from that I clicked onto ‘groups’. Oh the choice was amazing so I closed that menu and clicked on ‘membership’ where I found it really simple to join.

Here I am now feeling brave enough to write a short article after attending a creative writing group. I travel with Bus Trippers using my bus pass and attend various groups where I hear talks about local industries, railways and genealogy. There is now some routine back in my life and I am enjoying the chance to share my knowledge with new found friends.

U3A is a national organisation for retired folk or those approaching retirement and Dacorum U3A has approximately 1200 members and the choice of 80+ groups so if you are missing the daily routine why not check it out online just as I did. If you decide to join just come along to a monthly meeting and introduce yourself to me - I’m usually in the kitchen serving the coffee.

Jane Campbell



SM Row Electrical Engineer

For all types of commercial, retail and domestic electrical work

- Replacement fuseboards
- Re-Wiring
- Lighting and sockets
- Inspection and PAT Testing
- Part P Registered
- TV/Telephone/Computer
- Scene Setting
- Security Lighting
- Fault finding inc. boilers
- 8 year NIC EIC Warranty
- Energy Saving Lighting
- Design and Installation



tel: 01442 240515
mob: 07836 252567
email: steverow@sky.com
web: www.smrow.co.uk

Honey at Hatches

I'm back on the 'a picture is worth a thousand words' approach. Here is honey extraction in just a few pictures

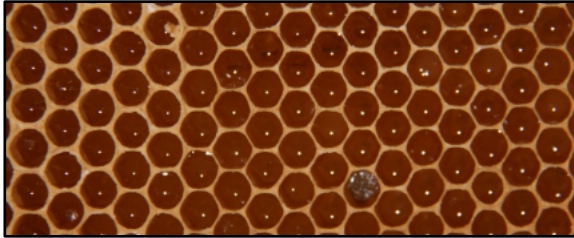
1. From the hives come the frames containing the honey. In a National Hive there are 10 frames in each 'super'. The lower, larger box on the bottom of the hive is called the 'brood chamber' and this is where the queen lives and lays her eggs. She is kept out of the upper boxes – the supers, by a queen excluder mesh to ensure that no eggs are laid in the upper sections of the hive. The honey stored here is used by the worker bees to feed the bees and the eggs laid in the brood box.



2. We will only take a proportion of the honey stored in the hive so that we don't disrupt the life of the bees and their offspring. The first job is to check that the frames are properly wax sealed, and that the honey is ready for us to use



3. Before we start all the equipment has to be super-clean and sterilised. Next, we slice off the wax in preparation for spinning out the honey from the cells.



4. This is how a frame should look before it goes into the spinner. I have to remember to take off the wax from both sides....I have been known to miss one.



5. The spinner is a tank that can take 12 frames. They are spun around by turning the handle at the top, the honey runs down the sides and collects in the bottom.



6. When we have spun the frames for around 5-10 minutes depending upon the thickness of the honey, we take out the frames, now empty of honey but still containing the wax cells made by the bees. These are returned to the hive for them to clean out and to use any residual honey .



7. We then open up the tap at the bottom of the spinner and let the honey flow out through a series of filters into a holding container.

8. We repeat this process until all the frames have been emptied.

9. The honey is left for a while to settle and allow air bubbles to rise.

10. And finally, we fill the jars – the best bit.



11. We have just filled about 100 1lb jars. It was a fair bit of work, but the taste is excellent.



*Robin @ the Barn
August 2024*

Roderick Wilson Tree Surgery Ltd

**Lower Gade Farm, Dagnall Road, Great Gaddesden
Hemel Hempstead, HP1 3BP.**

Office: 01442 842716 or Mobile 07795 481946

Email: mail@roderickwilson.co.uk

Contact Tim Wilson for a free quotation on any aspect of tree work including the following:

- Tree Felling
- Crown thinning & reductions
- Pruning & Dead wooding
- Stump removal
- Hedge cutting, tree & shrub reshaping

We are fully insured for up to £10,000,000 for public liability.



For All your Pest Solutions

(covering London, Herts, Beds and Bucks)

Call Peter: 07958 669 706
01525 220 653

www.nimbypest.org.uk

Email:

peter@nimbypest.org.uk

Wasps | Rats | Mice | Squirrels | Rabbits | All Flying & Crawling Insects | Glis Glis| Moles
Bird Proofing | Pigeon Proofing Solar Panels



National Pest Technicians Association



Ken Hodson

Local Computer Hardware and Software Repairs

Upgrades and Advice for Home and Business

Tel. 07974 156743 / 01582 794723

Email enquiries@kenhodsoncomputerservices.co.uk

www.kenhodsoncomputerservices.co.uk

- Prevent children viewing inappropriate internet sites
- No fix, no fee for all repairs - you have nothing to lose
- Low hourly rate
- Friendly training and instruction available in plain English
- Upgrades of hardware and software carried out
- Problems with Windows / Applications / Games / Internet / Networks fixed
- Most repairs carried out in your home, if not the computer will be picked up from and delivered back to you



Val's Ramblings

Well, there's certainly been a lot of 'rambling' since the last newsletter, with more to come!

At the end of June I was down in Presteigne, a rearranged visit after my attempt at the end of February was scuppered by the big storm, then on to Oswestry. A splendid week with lots of walking, eating and of course talking! It certainly wasn't as wet as last time but the hills are much steeper than the Chilterns!

Towards the end of July I spent two days with Peter and Judith at their home in the Cotswolds – what a glorious place. (Peter and Judith own Hoo Wood and have become close friends since the beginning of Walk and Talk when they



willingly agreed to allow us to walk through private areas of the wood to facilitate one of our walks.) We visited Batsford Arboretum, at Moreton in the Marsh, which was spectacular, (much better than Westonbirt, in my humble opinion) and had a fabulous Garden Centre – with café and cake of course! The following day it was the Cotswold Lavender Farm at Snowhill. What a sight, and what a scent, amazing. There are no plants for sale simply goods produced from the extraction of the oil. There was also a beautiful wild flower



meadow, Prince Charles would have been delighted! Bellringing practice at Rissington happened on one of the evenings I was there and as the church is right next door to Peter and Judith's house I strolled along to have a ring! Like many places post Covid they were short of ringers so I was made very welcome – and invited to join them again the following week!

By the time you read this I will be on my Grand Tour! A trip to visit a number of friends in the North! My itinerary includes, Lincolnshire, Derbyshire, Lancashire, the Lake District, Northumberland and Norfolk – definitely more, walking, talking and cake! (Have you read 'The Boy, the Mole, the Fox and the Horse'? What a lovely book. You'll follow my train of thought if you have!) Shortly after my return I will be off again on a bellringing tour to the Channel Islands where we're visiting Guernsey, Alderney and Jersey.

Despite my numerous absences, Walk and Talk continues to take place every Friday with 20 or so people and dogs appearing most weeks! Do join us any Friday, 9 o'clock from church. An exception to this arrangement is our Birthday Walk on September 2nd which in keeping with tradition has a different venue. Should you receive your September newsletter in good time and would like to join us we will be meeting at Meg's house, 'Sojourn' Hollybush Close, Potten End for a 9 o'clock start.

Val

T J Johnson Presents



blue 
harlem

BAR

28 September at 7:30

Tickets £20 on 01442 246513 or online at
www.wegotickets.com/event/624688



An evening of Jazz & Swing
at Great Gaddesden Church
HP4 3BY

Featuring:
Sophie Shaw, Al Nicholls
Paul Eldridge, Sandy Burnett

Supporting The Friends of Great Gaddesden Church

Lost Dog Found!

Rosie, a 5 yr old black miniature poodle, went on a walk in the Ashridge Estate with a family friend on Wednesday 7th August, as her owners were on holiday. Unfortunately, Rosie got tangled up amongst a group of runners. She became spooked which resulted in her running off and she couldn't be found. Her owners, Lianna & Andy, cut their holiday short so they could come home and search for their beloved pet. Along with Dogs Trust and other charities, they put up posters and alerts on social media for anyone that had seen Rosie to get in touch. The next day she was seen by horse riders in woodland, but ran off when approached. Then there were other sightings. These turned out to be another black poodle called Rosie. Not the missing Rosie. On Saturday, three days after she had gone missing, a drone was sent up to search Ashridge. Sadly, no Rosie. Sunday, no news. Some food had been put out where Rosie had gone missing from. This was covered by a camera. On Monday 12th a black dog was seen there. Was it Rosie? No, sadly not.

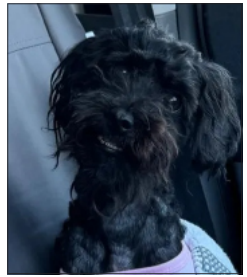
This is where myself and my daughter Millie came into Rosie's story. Early morning of Tuesday 13th a little black scared wet and shivering little dog was under Millie's trampoline at our home in Gaddesden Row. Could this be Rosie? Surely not, after all she went missing in

Berkhamsted. I wrapped her up and sent pics to the village WhatsApp group where local dog walker Sarah sent a picture saying could this be the missing Rosie. My number was passed on to the owners who rang me straight away and Andy came over. Even in the state Rosie was in, she was so happy to see her daddy. But her story was not over yet. It was clear little Rosie had a problem as she was dragging her back leg. Vets confirmed a broken pelvis and she was covered in magots from flystrike. Mending a broken pelvis is not a simple job and it was estimated that vets fees of £10,000 would be needed. Rosie wasn't insured, so a go fund me page was set up. Amazingly £12,000 was raised in a matter of days.

Rosie has had her surgery and is now recovering at home with her family. We all wish Rosie a speedy recovery and lots of love. We are glad to have kept her safe until her owners picked her up..

Michelle and Millie ♥

For more details and a Rosie update, visit <https://www.gofundme.com/f/help-us-bring-hope-and-healing-to-a-brave-pup-in-need?>



**blue
harlem** ★ ★ ★

is a 5 piece swing band playing the classic songs of Gershwin, Porter and Berlin, and original material.

Their love of the music of the golden swing era, and the classic songs of Gershwin, Porter, King et al means that stylistically they are all hip to the same

muse. With the likes of Nat 'King' Cole, Ella Fitzgerald, Louis Jordan and Count Basie as their heroes, you can be sure the band will get you jumping. Their extensive repertoire ranges from the big band sounds of Glen Miller to the rock 'n' roll of Ruth Brown and Etta James.

In a world over-populated with low-energy soundalikes, this is a group of Olympian musicians with enough wattage to light up Broadway on a busy night. It's not for nothing that they say, 'Follow your feet!'

Judging by the response to the last few Jazz at St John's gigs, this promises to be another fun affair at the 800 year old Great Gaddesden Church which has great acoustics and space for dancing along with a bar for refreshments. So, don't delay in getting your tickets @ £20 either on line at www.wegotickets.com/event/624688 or calling 01442 246513.



Trevor Beale

Trevor with his wife Susan moved into Bunkers House in Bradden Lane in 1987. They had previously lived in London and where they had brought up their four children.

Trevor was born into a family with a business in baking and bread shops spanning many generations and which recently had expanded into hotels. After National Service in the Army



Catering Corps, he went to Cambridge University where he studied law. Although qualifying as a Barrister, Trevor decided that the law was not for him and joined the family business, eventually taking over as the chief executive. One of his first tasks as the CE was to close the non-profitable bread shops and concentrate on the hotels.

From a young man he developed a strong Christian faith. He was also very musical, and at Cambridge he sang in the choir, played the flute in the orchestra, did bell ringing and Scottish Country dancing. It was after singing in a concert at the Royal Albert Hall that he met Susan.

After first living in a flat in Hampstead they moved to a substantial house in Golders Green. On Sundays they all went to the Anglican Church in Highgate and where Trevor became Churchwarden. Then in 1987 came the move out of London and into the Hertfordshire countryside, something he never regretted.

Trevor and Susan immediately started to worship in Great Gaddesden Church. He became churchwarden for 8 years and during this time many improvements were made. He soon realised that the cost of maintaining the Grade 1 listed building was a real drain on the PCC and the small congregation, so he pioneered the setting up of the Friends of Great Gaddesden Church and which could reach out to the

wider community.

Music was highly important to Trevor. He organised regular concerts in his hotels which was extended to concerts in Gaddesden Place in aid of the Friends, the annual Christmas Carol Service in the Church and entertainment at the Harvest Supper in the Village Hall with those attending singing the Water End Bypass song he

had written to the tune of Roll out the Barrel. Great fun.

Trevor & Susan loved singing and sang for many years in the St Albans Bach Choir and which regularly performed in the Abbey. Besides being involved with the Great Gaddesden community and running the family business, Trevor turned his energies to charity work. In 1988 he started volunteering on Saturdays at the Puffins club, a sports club in Hemel Hempstead for adults with learning difficulties. Staying with the Puffins club for 36 years he made solid friendships with the members and this gave him great joy. Trevor was the chairman for many years.

When we were struggling to find an organist for the church, Trevor stepped into the breach and learnt to play it. When we replaced the old pipe organ with a new electronic one, Trevor quickly rose to the challenge of playing it. It is now strangely quiet and missing Trevor at the keyboard. Hopefully one day there will be a worthy successor.

Trevor made a huge impact on our community over many years. May he rest in peace.

Trevor Beale, gentleman, friend and contributor, born 1934, died 2024 aged 89.

Muriel Draper

Muriel Draper Sadly passed away peacefully at the hospice of St Francis on Friday, the 14th of June 2024 with her son Gary and her daughter Rhonda by her side.

She was born in Blackburn Lancashire on the 24th of April 1940 and moved down to Hemel Hempstead when she was little, with her parents, Gladys and Stanley and her little brother Ken.

She worked at John Dickinson's where she met her future husband Brian.

They got married on the 31st of March 1963 in St Mary's church in Apsley, and lived for a short time, with Brian's mum and dad Walter and May, in Great Gaddesden and then moved back to Hemel with Brian's sister Phyllis and her husband Brian.

Their first home together was in Gade Valley where they had both their children, Gary and Rhonda, then in 1970 moved to their forever home in West Dene Gaddesden Row.

In the following years the family grew, Gary and Rhonda having their own



children, Gary having a boy and two girls, Charlie, Emily and Maddie and Rhonda having a boy and a girl Taylah and Archie. All often visiting the family home, sometimes it was bedlam! But there was always fun and laughter, the house was full of love and happiness.

Sadly, in December of 2020, Brian passed away after suffering from Alzheimer's, Vascular

Dementia and Motor Neurone Disease leaving a big hole in the lives of his family. Muriel's brother Ken passed away on 11th April 2024 which was a very sad time for her.

In December 2022 Gary's youngest daughter Maddie brought the lovely Delilah Marie into the world. This brought so much more happiness to Muriel who always said she'd hoped to hold her great grandchild, more than that she had her in her life for 18 months before she sadly passed away.

Muriel will be missed so much by all her family but is now reunited with her husband Brian.

Great Gaddesden Parish Newsletter is read by over 1000 people in and around the parish. Funded by the parish council, the church, advertising, and voluntary contributions from our readers.

To contribute search online for "Just Giving" then Great Gaddesden newsletter or scan the QR code.

Editor: Richard Collis
richard@richardcollis.com 07971795571

Full Year Advertising Rates for 2024

1/2 £100 1/3 £95 Full Page £300
1/4 £60 1/8 £40

The opinions expressed in the publication are those of the authors. They do not purport to reflect the opinions of the publishers.

Our Bank Account is with Metro Bank

Great Gaddesden Parish
Newsletter

23-05-80 45863149

Please tell us who you
are when paying



Glamorous assistant: John Lowrie
johnlowrie62@gmail.com 07702880534

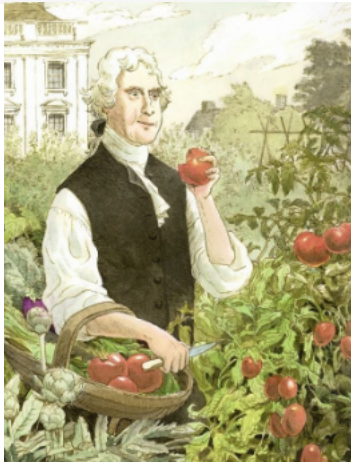
Community events advertised free of
charge

Deadline for the next issue:
September 2024 - 23rd August 2024

DID YOU KNOW?

The twisted tale of Tomato 🍅 Ketchup

Tomato ketchup has been an inseparable condiment of our day-to-day meals. Can you imagine enjoying your chips, fries or crunchy pakoras without ketchup? I bet many of you would answer NO! But do you know that Tomato Ketchup was once sold as medicine.



Food experts and scholars believe its origin can be traced to China where it was known as Ge-thcup or Koecheup but then it was basically a fish sauce, salty and had a pungent smell. In about 1736 people started making it themselves by boiling stale beer with some anchovies. This was a fermented condiment, later when sailors took hold of the sauce it still went through several recipe changes. But the first known published tomato ketchup recipe appeared in 1812 written by the scientists and horticulturalists James Mease.

Can you believe this, in the 1830's Tomato Ketchup had been claimed to cure ailments like diarrhoea, indigestion and jaundice.

This was proposed by Dr John Cook-Bennett. He later sold the recipe in the form of 'Tomato Pills'. Numerous people began to sell ketchup as medicine. This started the tomato pill craze.

Now, let's go back by some 200 years, then tomatoes used to be found in a flower pot rather than on a dinner plate. In fact they were grown as an ornamental plant because it was thought that they looked rather interesting therefore only very few were eaten.

However, once Dr Bennett's pills hit the market claiming medical properties, brigades of copycats began selling their own tomato pills initiating a tomato pill war. Unfortunately some of these copycats sold laxatives with no trace of tomatoes. Wild claims were made that the pills would cure scurvy so these false medical claims started the collapse of the ketchup medical empire in 1850.

The end of the tomato pill did not mean that the product as a whole went away though. Now decades later, about 1876 Henry Heinz an American entrepreneur came up with the version of ketchup as we know and love it today. Creating it with ripe tomatoes, distilled vinegar, brown sugar, salt and a variety of spices this recipe gained traction as a non-medical condiment and was first introduced as 'Catsup' in Pittsburgh Pennsylvania.

Gerti Evans

THE LARGEST-SELLING KETCHUP IN THE WORLD!

EVERY culinary showman knows what when Dr. Heinz Tomato Ketchup comes on the scene it gets a big hand. This gale force, lively as a clown's antics, makes lighthouse food of lamb chops, gives snags, chops and eggs a lot of zip and zing! No wonder it's the world's favorite flavor!

We prepare Heinz Tomato Ketchup from Heinz aged-in-wood Vinegar, rippest seasonings and gorgeous "stimulant" tomatoes raised from Heinz patented seedlings. And we cook it the meticulous, old-fashioned way to capture that unobtainable flavor and heating aroma that takes you back down memory lane to a home kitchen or ketchup-making scene. Keep a bottle of sensational Heinz Tomato Ketchup on the dining table—another handy in the kitchen to highlight your hash, steaks and greens with unending zest!

Heinz TOMATO Ketchup

Heinz 57 Branched Sauce
Heinz Chili Sauce
Heinz Whipped Sauce

HEINZ 57

Cheers!

Oh how I love a garden party. The freedom of a hot summer day with a gentle breeze and a cool cocktail. Bliss. This one takes the freshness of a cucumber sandwich and packs it into a Coupe. I give you the...

Gaddesden Garden Party



This is actually a riff on an Eastside cocktail that has been adapted with a local gin. Gin has long been associated with cucumber sandwiches, botanical mixes and lazy summer days. Our gin comes from the Puddingstone Distillery and is an Old Tom variety, made with a mix of botanicals including juniper, angelica, chamomile and cardamom. This gin has a slight sweetness which plays nicely with the cucumber, lime and mint to create balance. Buy yours at <https://puddingstonedistillery.com>

On to the mix, take two freshly cut slices of cool cucumber (best from the fridge) and muddle them in the bottom of your shaker to release the flavour. Add 60ml of Campfire gin, 22.5ml fresh lime juice, 15ml sugar syrup, and a handful of freshly picked

mint. Shake hard with ice to combine, chill, and dilute a little as the ice melts. Double strain into a Coupe and add a very small splash of soda to taste. To garnish, float a couple of slices of super thinly sliced cucumber and a handful of edible flowers. Voila!

I hope you enjoy
Craig

Shopping List:

Puddingstone Distillery - Campfire Old Tom
Cucumber
Sugar Syrup
Lime
Mint
Edible flowers (Marks & Spencer)



ON DEMAND TRANSPORT SERVICE PROVIDING
CONNECTIONS BETWEEN RURAL AREAS
AND TOWN CENTRES.

Herts
Lynx 
Rapid, on demand travel

For details on areas of service, operation hours,
fares and promotions scan the QR code to go
straight to the HertsLynx website



For more information visit www.intalink.org.uk/hertslynx
or email us at hertslynxsupport@hertfordshire.gov.uk
or you can call us on 01992 555 513

REGISTER FOR A HERTSLYNX ACCOUNT TODAY!

In partnership with

